

Mountaineer

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May 25, 2006

Iraqi city mayor praises 3rd ACR on regiment's birthday

**Story and photos by
Sgt. 1st Class Donald Sparks**
3rd Armored Cavalry Regiment

Standing before a standing ovation which lasted nearly two minutes, Tal Afar, Iraq, Mayor Najim Al-Jibouri's smile was nearly as wide as the 2,000 troopers standing in line on the field before him.

The mayor was invited by the 3rd Armored Cavalry Regiment to be the unit's guest speaker during its Welcome Home ceremony after completing a second tour in support of Operation Iraqi Freedom.

The day also marked the 160th birthday of the Regiment of Mounted Riflemen which was authorized by an Act of Congress on May 19, 1846, as a new organization mounted to create greater mobility than the infantry.

Patting his right hand over his heart in symbolic Iraqi greetings, Najim expressed his gratitude for the troopers of the 3rd ACR for liberating the city of Tal Afar from terrorist oppression.

"I cannot adequately express to you the joy and happiness I feel to stand before you those who are dear to my heart — the most noble warriors on earth," Najim said through a translator. "When asked about the 3rd ACR, my response is simple. You are the greatest military unit the U.S. Armed Forces, or dare I say, the world has ever known."

Najim gave special praise to the families of the more than 40 troopers who died serving with the regiment during its deployment.

"Among all the troopers of the 3rd ACR, the ones whose courage I wish to honor the most are, unfortunately, the ones who are not with us today," he said. "These are the ones who gave the ultimate sacrifice. Though they have fallen, their souls are among us ... their sacrifice reinforced the freedoms of the United States of America, brought new strength and pride to all of humanity, and they will always be with us."

After his speech Najim once again patted his heart and raised two fingers in the air making the peace sign. He was also embraced by Col. H.R. McMaster, commander of the 3rd ACR, and was given another standing ovation. The two men worked every day to seek the right way to prepare a massive operation to rid the city of terrorists which had imposed fear on the citizens of Tal Afar.

"You are too humble, however, and give us too much of the credit," McMaster said. "We drew strength from your example and benefited from your advice. Iraq will succeed because of leaders like you. We want to thank all our courageous Iraqi brothers ... please tell our friends that they remain an inspiration to the regiment of mounted riflemen."

With an audience including the mayor of Colorado Springs, military and community leaders, family members and past and present veterans of the regiment, McMaster described the significance of the unit's service to the nation.

He mentioned since the Mexican War, the 3rd ACR built on its reputation for courage and excellence on the

American frontier, and during the Civil War, the Spanish American War, the Philippine Insurrection, the second World War, the Cold War, Operation Desert Storm, in Bosnia and most recently during two combat tours in Operation Iraqi Freedom.

"Our regiment has experienced many changes over the past 160 years, but our most recent experience in combat revealed what has remained unchanged," McMaster said. "Since 1846, the power of this regiment has come from cavalry troopers who answered the call to service to their nation, who fought for each other, and who were willing to take risks and make sacrifices to preserve freedom and protect humanity."

For the regiment's role in support of its most recent deployment, McMaster said, "We are proud of what we accomplished together on our vital mission to bring freedom and security to 26 million people and protect our own nation from terrorists who pose a grave threat to all civilized peoples."



Left: Col. H.R. McMaster, commander, 3rd ACR, hugs Najim Al Jibouri, mayor of Tal Afar, Iraq, after his speech at the regiment's Welcome Home ceremony held here Friday.
Below: Commanders of the 3rd ACR salute during the celebration of its 160th birthday.



"We will continue to stand together against these terrorists. The course that this war will take is uncertain."

"What is certain is that the regiment of mounted riflemen, will remain ready, as it has over the past 160 years, to answer our nation's call to duty."

INSIDE THE MOUNTAINEER

Opinion/Editorial

CG on Memorial Day 2
Post talk 2

News

Weight control online 3
Vets experience identity theft 4

Military

Fire for effect 5
Military briefs 6
Vests make floatation devices 7
Armed Forces Day 8

Community

Body image issues revealed 11
Community briefs 12
Baptism in a land far away 14
Gone fishin' 16
For moms of deployed troops 18
Chapel offers 19
TRICARE offers PTSD advice 22
Fountain-Fort Carson field day 26
Old Soldiers never die 30

Feature

Take me out to the ball park 28-29

Sports

Coach prepares athletes for life 33
Lady Mountaineers win 34
Youth baseball 35
Fort Carson Aces 36
Coed ball 37
Last chance youth soccer 38

Happenings

Learn Colorado history 41-42
Get Out 43-44

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MUST SEE



Fort Carson Day at Sky Sox.
See Pages 28-29.

New PT route takes effect Tuesday

by Spc. Clint Stein

Mountaineer staff writer

Magrath Avenue, a one-way street located on the east side of post, has been a major run route for Soldiers during physical training in the mornings for a long time.

Now, Soldiers must break out of their habitual routine of running on Magrath and move a little further east to the new PT run route on Minick Avenue and the tank trails which are on the east side of the motor pools.

Magrath and Barkeley provide the primary north and south corridors through the installation for vehicular traffic, said Master Sgt. Gregory Sandell, Provost Marshal's Office, operations noncommissioned officer. But during PT hours, Specker Avenue has been the alternative bidirectional-route for vehicles, he said.

Because of upcoming road construction on Specker and the opening of the new child development center on Magrath and Womack Street, Magrath will be opened to vehicular traffic 24 hours a day, making running on Magrath a hazard, said Sandell.

The new run route on Minick and the tank trails will be closed to vehicular traffic from 6:30-7:30 a.m. Monday through Friday and "will allow a safer place for Soldiers to conduct PT," said Sandell.

Additional benefits in relocating the run route to Minick are the reduced need for traffic control points and direct access to the new child development center.

The changes to the run route will officially take effect Tuesday.

For more information on the run route contact the operations department at the PMO at 526-2053.

Remember, honor fellow Americans this Memorial Day

**Commentary by Maj. Gen.
Robert W. Mixon Jr.**

*7th Infantry Division and Fort
Carson commanding general*

*"Any nation that does not
honor its heroes will not long
endure." — President Abraham
Lincoln.*

Memorial Day is a day unlike
any other. It is a day that we, as
a nation, pause to honor our
fallen servicemen and women and
try to understand the extent of
their sacrifice.

All across our wonderful country,
from front porches to military
cemeteries both here, and abroad,
Old Glory will fly in honor of our
fallen heroes. Memorial Day is a day
America bows its head in reverence
for the brave men and women who
made the ultimate sacrifice while in
the service to our country.

For more than 230 years, our
Soldiers, Sailors, Airmen, Marines
and Coast Guardsmen have always
been willing to fight and in many
cases die, for our freedom and the
way of life we enjoy.

From Concord and Yorktown,
at Antietam and Gettysburg, in the
Argonne Forest and Belleau Wood,
on the beaches of Normandy, in the

deserts of North Africa, in the
waters of the Pacific, in the rice
paddies of Korea and in the jungles
in Vietnam, in the desert sands of
Saudi Arabia, in the mountains
of Afghanistan and in the streets of
Iraq, America's sons and daughters
have given their lives to guarantee
the survival of our nation and the
values we hold dear.

On this Memorial Day, Soldiers
from the 3rd Brigade Combat Team,
the 10th Special Forces Group and
the 10th Combat Support Hospital
are deployed in harm's way. They
are in our hearts and prayers, and
we long for their safe return home
to their families and loved ones. As
we await their homecoming, we
know that their job is not yet done.

As it was more than 60 years
ago when our country was liberating
Europe from the fists of tyranny,
today our Soldiers from the
Mountain Post are defending and
assisting the people of Iraq on their
path to democracy.

The road ahead will continue
to be difficult as the enemies of
liberty and freedom still exist, but
the proud people of Iraq can be
comforted to know that they
are not forgotten. Their struggle will
not be in vain because America is

standing with them in this fight
against terrorism.

Americans have recognized
that the rights and privileges of
freedom cannot be preserved so
long as they are denied to other
nations, however distant.

Many of those we honor on this
Memorial Day lost their lives in
defense of people unblest by the
liberty we Americans too often
take for granted. The dedication
and faith that led them to do so
are truly American.

The fallen Soldiers, Sailors,
Airmen, Marines and Coast
Guardsmen that we honor today
loved peace. Willingly, without
thought of compensation or safety,
they turned their backs on material
things to defend something more
precious: the right of people
everywhere to live at peace and
to determine their own future.

The challenges that lie ahead in
the Global War on Terrorism will
not be any easier than those of the
past. We must continue to have the
resolve to win this test of wills and
in so doing, we can pay no higher
tribute to our fallen comrades. It is
our promise, our guarantee, that they
did not sacrifice their lives in vain.

So during this Memorial Day



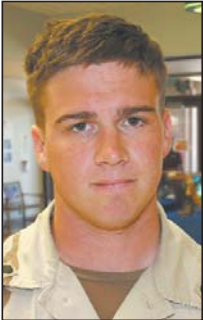
Mixon

weekend, I encourage everyone
to take the time to spend with
family and friends and get out and
experience all the wonderful
opportunities that our community
has to offer. I ask that you also
take a moment and reflect on the
meaning of this special day.

We should all be grateful as a
nation to those that have given so
much to keep alive our heritage
of liberty and democracy.

The Americans that we
remember and honor today held
our nation's destiny in their hands.
In that moment, they did not
fail us. We must not fail them.

POST TALK: How will you celebrate Memorial Day?



*"Celebrating with
friends. It's an
important day to
honor and we, as
Soldiers, should
take it seriously."*

**Spc. Colin
Simpson**
1st Sqn, 3rd ACR



*"Spending it with
family. We'll
reflect on what
other veterans
have done and
say a prayer
for them."*

Ralph Thomas
Master Sgt. (retired)



*"I'll be marching in
the Commerce
City Memorial
Day Parade."*

**Staff Sgt. Tanya
Hutchinson**
244th Engineer
Battalion

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NEWS

Army launches online weight loss program

by Elaine Wilson

Army News Service

FORT SAM HOUSTON, Texas — Soldiers can now participate in the Army's weight management program from the comfort of their own home.

The Army has launched an online version of "Weigh to Stay" to improve the program's accessibility and convenience for Soldiers, families and retirees.

"The site has been hugely successful," said Lt. Col. Danny Jaghab, site creator and nutrition staff officer for the Directorate of Health Promotion and Wellness, U.S. Center for Health Promotion and Preventive Medicine at Aberdeen Proving Ground, Md. "We recently had 23,000 hits, the most any medical page has received on (Army Knowledge Online) other than the 'myMedical' page."

The Weigh to Stay program is an Army requirement for Soldiers who have been "flagged" for weight, and comprises three one-hour sessions and three half-hour follow-up sessions with a dietitian.

Before the online program, reserve- and active-duty Soldiers had to attend sessions in person.

While the requirement wasn't generally a problem for the active duty, who have easier access to dietitians, it often created headaches for reservists

and their leadership.

"Reservists have to take time off from their civilian jobs and, in some cases, travel a distance to attend a session with a dietitian," Jaghab said. "As a result, the program's return rates were poor for reserve and Guard members."

Hoping to remedy the problem and improve the overall health of reserve members, Army leadership asked Jaghab to find a solution.

Jaghab turned to the Internet for inspiration. "It made sense; people would be able to do the program from home at any time."

The online site duplicates the standard version, offering the same number of sessions and content, which includes nutrition basics and myths, supplement use, menu planning, behavior modification and the importance of exercise. The only difference is that participants attend sessions online rather than in-person.

"You sign up, go online and pick a class," Jaghab said. "Then, at the scheduled time, you log on and participate in a virtual class."

Participants can interact with other students and the instructor, as well as view slides and a participant list. The site also includes links to health and weight loss information and special features. In a recent section, dietetic interns reviewed nine popular weight

loss books, scoring them for such areas as hunger satisfaction, healthiness and effectiveness.

"Weigh to Stay is the Army 'gold standard,' but there are other ways that are effective," Jaghab said. "Since there are other methods out there, we want to make sure we provide information so people can make smart choices for themselves."

The site's success has prompted Army officials to extend the online program to active-duty Soldiers, family members and retirees, although only reserve Soldiers are able to forego the traditional program for the online one. It could also prove particularly beneficial for deployed Soldiers who take risks when traveling back from the frontlines to attend sessions with a dietitian, Jaghab said.

"Statistics show that 70 percent of our population is not flagged but know they have a problem now or one in the past," he said. "There's a need for this type of online program in the Army."

The ultimate goal is to create a multi-service site for the Department of Defense, Jaghab said.

"I'm hoping the site eventually becomes a 'one-stop shopping' site for weight management," he said.

For more information or to register for the Weigh to Stay Web site, call Jaghab at (410) 436-8856, DSN 584-8856 or e-mail danny.jaghab@apg.amedd.army.mil.



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Electronic data for 26.5 million veterans stolen

Army News Service

WASHINGTON — Electronic data including names, Social Security numbers and dates of birth for up to 26.5 million veterans and some spouses, as well as disability ratings, have been stolen.

The electronic data was burglarized from the home of a Department of Veterans Affairs employee who violated organization policies by taking the data home.

The FBI, VA Inspector General's office and law-enforcement agencies have launched an investigation, and the employee is on administrative leave pending an outcome.

"Authorities believe it is unlikely the perpetrators targeted the items because of any knowledge of data contents," said Secretary of Veterans Affairs R. James Nicholson in a notification letter to veterans. "It is possible that they remain unaware of the information or how to make use of it."

"VA is taking all possible steps to protect and

inform our veterans," said Nicholson, adding that no evidence suggests the data has been used.

VA is working with Congress, the news media, veterans service organizations and other government agencies to ensure veterans and their families are aware of the situation and know how to protect themselves from misuse of their personal information.

Task Force members are working with credit bureaus to help ensure veterans receive free credit reports, and met Monday to coordinate Federal response and increase safeguards to prevent the reoccurrence of such incidents.

Veterans may also call (800) FED-INFO to learn about consumer-identity protections. The call center is open 6 a.m. to 7 p.m. Mountain Standard Time Monday-Saturday as long as it is needed.

"The men and women of VA take our obligation to honor and serve America's veterans very seriously and we are committed to seeing this never happens again," Nicholson said.

Army to purchase, test 'Dragon Skin' vests

Army News Service

The Army announced May 16 that PEO Soldier has contracted with Pinnacle Armor to purchase 30 of its latest body armor vests, known as "Dragon Skin."

The 30 production-representative vests will be delivered to H.P. White in Street, Md., for ballistic testing. HP White is the only National Institute of Justice-certified, independent, ballistic-testing laboratory in the U. S. capable of conducting the complete First Article Test. This is the same facility and ballistic testing standards used on the body armor currently fielded to Soldiers. Upon completion

of the test — which is a three-day process — the Army will issue the results.

Suppliers of Army body armor are required to pass the First Article Test. Standard testing consists of a variety of ammunition and weapons fired on various size vests, under a range of conditions that replicate combat environments.


If "Dragon Skin" successfully completes First Article testing, it will advance to the second phase of testing.

The Second Phase testing consists of form, fit, function and operational suitability to meet Soldiers' needs across a wide variety of combat tasks.


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MILITARY

Mortar platoon provides indirect fire, protection to FOB

Story and photo by

Pfc. Paul J. Harris

3rd Heavy Brigade Combat Team

BALAD, Iraq — In a small, two-story house resembling a Mexican villa, a unique unit lives. At a moment's notice, the Soldiers scramble from their beds to grab their gear and race down the stairs to get to their ready positions at Forward Operating Base Paliwoda.

The Soldiers from Mortar Platoon, Headquarters and Headquarters Company, 1-8 Combined Arms Battalion, 3rd Heavy Brigade Combat Team, resemble firefighters answering a call as they sprint to the gun to get ready to fire a shell resembling a green football with fins. They are there to protect the FOB and strike fear in the enemy as they return fire onto enemy positions.

"As a mortar platoon, we provide indirect fire for the battalion with mortars that fire 120 mm shells," said Sgt. 1st Class Harlan

Grabow, a veteran of Desert Storm and Desert Shield and mortar platoon sergeant.

A fire team is always at the ready for the call of "fire mission!" At that point, the team races to the gun which is mounted in an M-1064 A-3 track vehicle. A boxy vehicle, the M-1064 A-3 can hold four Soldiers.

The back end opens up to fire a shell from the mounted mortar. From the time a fire mission is called in over the radio to the time a mortar round is actually fired is a matter of minutes. With the advancement in global positioning system technology, target accuracy from a fired shell is achieved within a few meters, according to Grabow.

In addition to providing fire, the mortar platoon provides mission security in Humvees for the explosive ordnance disposal team from the Air Force's 332nd Expeditionary Civil Engineer Squadron from Balad Air Base attached to 1-8 CAB. The

EOD lives in the same two-story house as the mortar platoon.

Not every mission the EOD team conducts requires the disposal of a potential lethal device. But the thought of impending danger of securing an IED site weighs heavily in the mind of Staff Sgt. David Barnette, section sergeant.

"Sometimes it is luck of the draw. You do not know if there is a secondary improvised explosive device ready to go off after the EOD team detonates the first one," said Barnette. "When I go out I have the attitude of 'I know that I have God on my side' and that is all you can hold on to," he said.

Barnette was with 1-8 CAB when the unit previously deployed to Iraq in 2003. In fact, he lived in the same house on FOB Paliwoda.

It was a night and day difference back then, Barnette said. "We had to sleep on the dirt floor, had



Pfc. Andreas Pagan, Headquarters and Headquarters Company, 1-8 Combined Arms Battalion, 3rd Heavy Brigade Combat Team, moves the gun into position to fire a 120 mm shell near Balad, Iraq.

Military briefs

Miscellaneous

Retirement Services moves — To better serve Soldiers, the Retirement Services Office has moved to bldg 1042, the Soldier Readiness Processing site. Offices are located on the third floor within Transitions. Chief, Retirement Services, is located in room 313; Survivors Benefit Counselor, room 338; Preretirement/Medical Disabilities, room 302; and Post-Retirement/Final Outprocessing, room 308.

Retirement briefings will remain in bldg 1218 (Welcome Center), second floor, room 221, every second and third Wednesday of the month at 8 a.m. For more information call 526-2840.

Joint Personal Property Shipping Office — The Joint Personal Property Shipping Office is scheduling group briefings to accommodate Soldiers set to depart the Mountain Post this summer. Individual briefings will not be held except in emergencies.

All briefings will be group briefings. Soldiers must make an appointment to attend group briefings by calling 526-3755 or stopping by bldg 1220.

Welcome Center changes hours — The Welcome Center, bldg 1218, has new hours. Hours of operation are Monday-Friday, 7 a.m.-5 p.m.

Officer Candidate School board — OCS local board packets must be turned in to the 502nd Personnel Services Battalion, bldg 1118, room 308, no later than July 10.

Packets will be consolidated and those meeting eligibility requirements will be scheduled for the local OCS board to be held July 17-18 at the Elkhorn Conference Center, bldg 7300.

Packets for those candidates approved will be forwarded to the Department of the Army for approval during the week of Sept. 11. For more information call 526-2115/6481.

Learning Resource Center offerings — The Learning Resource Center, located in the Education Center, bldg 1117, room 216, offers academic review including GT preparation, GED assistance, placement tests including SAT, ACT, GRE, GMAT and more.

Patrons may also use computers to check e-mail, surf the Internet or navigate desktop application tutorials. Hours of operation include Monday-Thursday 9 a.m.-8 p.m. Friday 9 a.m.-5 p.m. and Saturday 10 a.m.-3 p.m. For more information call the Learning Resource Center at 526-4058/8077.

DPW services — Do you know who to call when a windstorm causes damage to your facility, overturns a portable latrine or when trash containers are overflowing?

The Directorate of Public Works is responsible for a wide variety of services on Fort Carson.

Services range from repair and maintenance of facilities to equipping units with a sweeper, and cleaning motor pools.

Listed below are phone numbers and points of contact for services:

- Facility repair/service orders — LB&B service order desk at 526-5345. Use this number for emergencies or routine tasks.
- Refuse/trash — Call Virgil Redding at 526-6676 when needing trash containers, trash is overflowing or emergency service is required.
- Facility custodial services — Call Larry Haack at 526-6669 for service needs or to report complaints.
- Elevator maintenance — Call Larry Haack at 526-6669.
- Motor pool sludge removal/disposal — Call Don Phillips at 526-9271.
- Repair and utility/self-help — Call Gary Grant at 526-5844. Use this number to obtain self-help tools and equipment or a motorized sweeper.

- Base operations contract COR — Call Terry Hagen at 526-9262 for reporting wind damage, snow removal concerns, damaged traffic signs or other facility damage.

- Portable latrines — Call Fred Buckner at 526-6676 to request latrines, for service or to report damaged or overturned latrines.

Please note the above phone numbers and POCs do not apply to family housing facilities.

CIF Hours

Regular business hours

Mondays, Tuesdays, Wednesdays and Thursdays from 7:30 a.m.-11:30 a.m. and 12:30-3 p.m. and Fridays from 7:30 a.m.-11:30 a.m.

Initial issues

Mondays through Fridays from 7:30-11:30 a.m.

Partial issues

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30-3 p.m.

Cash sales/report of survey

Mondays through Thursdays from 7:30-11:30 a.m. and 12:30-3 p.m. and Fridays from 7:30-11:30 a.m.

Direct exchange

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30-3 p.m.

Partial turn-ins

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30-3 p.m.

Full turn-ins

Appointments are scheduled Mondays, Tuesdays, Wednesdays and Thursdays call 526-3321.

Unit issues and turn ins

Call 526-6477/5512 for more information.

Hours of operation

Education center hours of operation — The Mountain Post Training and Education Center's hours are as follows:

- **Counselor Support Center** — Monday through Thursday, 7:30 a.m.-4:30 p.m. and Friday, 11 a.m.-4:30 p.m.
- **Army Learning Center and Basic Skills Classes** — Monday through Thursday, 9 a.m.-noon, closed training holidays.
- **Defense Activity for Nontraditional Education Support and Advanced Personnel Testing** — Monday through Friday, 7:30-11:30 a.m. and 12:15-4:15 p.m., closed training holidays.
- **Basic Skills Education Program/Functional Academic Skills Training** — Monday through Thursday, 1-4 p.m., closed training holidays.
- **eArmyU Testing** — Monday-Friday, 12:15-4:15 p.m., closed training holidays.

Military Occupational Specialty Library — Monday through Friday, 10 a.m.-2 p.m., closed training holidays.

Claims Division hours — The Claims Division office hours are Monday through Thursday from 9 a.m.-5 p.m., closed Friday and federal and training holidays.

To make a personnel claim, Soldiers must attend a mandatory briefing which is given Mondays and Wednesdays at 10 a.m. and 2 p.m.

At the briefing, Soldiers must submit a Department of Defense Form 1840/1840R.

Submit completed claims Tuesdays and Thursdays.

DFAC hours — Fort Carson dining facilities operate under the following hours:

Wolf Inn — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

Indianhead Inn — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30

a.m.-1 p.m. and 4:30-6 p.m.

Butts Army Airfield — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). This DFAC is closed weekends.

Patton Inn — Monday-Friday 7:30-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

Striker Inn — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

10th SFG — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6 p.m. (dinner). This DFAC is closed weekends.

Post shuttle

The post shuttle runs from 8 a.m.-8 p.m. Monday through Friday, excluding holidays. The last pickup is at 6:57 p.m.

Here's a list of stops and times (expressed as minutes past the hour):

1. 43rd ASG barracks, bldg 756, :00-:30
2. * Welcome Center, bldg 1218, :02-:32
3. * MEDDAC barracks, bldg 1013, :04-:34
4. * SRP site, bldg 1042, :07-:37
5. Across from McKibben Gym, bldg 1049, :09-:39
6. Family Connection, bldg 1354, :11-:41
7. IG Office, bldg 1659, :13-:43
8. 3rd HBCT Hq, bldg 1852, :15-:45
9. Barracks, bldg 2060, :16-:46
10. * 2nd BCT Hq, bldg 2350, :17-:47
11. Barracks, bldg 2450, :16-:46
12. Reserve Training Center, bldg 3450, :21-:51
13. * Occupational Health, bldg 2059, :25-:55
14. * Outdoor Rec, bldg 2429, :28-:58
15. 10th SFG, bldg 7416, :34-:04
16. Golf course, bldg 7800, :39-:09
17. * Evans Hospital, bldg 7500, :43-:13
18. * Colorado Inn/Elkhorn, bldg 7301, :46-:16
19. * Main PX, bldg 6110, :49-:19
20. * Mini-mall, bldg 1510, :51-:21
21. * Army Community Service, bldg 1526, :53-:23
22. Xtremes, bldg 1532, :55-:25
23. Lot across from HQ, bldg 1430, :57-:27

* These stops connect to a Metro City Bus link.

Briefings

Special Forces briefings — will be held Wednesdays at bldg 1217, room 305, from 10-11 a.m., noon-1 p.m. and 5-6 p.m.

Soldiers must be E4-E6 from any military occupational specialty; have a general technical score of at least 100; be a U.S. citizen; score 229 or higher on the Army Physical Fitness Test; and pass a Special Forces Physical.

Call 524-1461 or visit the Web site at www.bragg.army.mil/sorb.

ACAP briefing — The Army Career and Alumni Program pre-separation briefing is required for all departing service members.

Current ACAP policy requires personnel ending time in service to register one year out and retirees two years out.

All users of ACAP must know their Army Knowledge Online user name and password.

ACAP pre-separation briefings are held Monday through Friday from 7:30-9 a.m.

Attendees should report to ACAP by 7:15 a.m., bldg 1118, room 133. Call 526-1002 to schedule the briefing.

ETS briefing — The ETS briefing for enlisted personnel will be Tuesdays at 7 a.m. in bldg 1042, room 310.

The briefing will be offered on a first-come, first-served basis. Maximum seating capacity is 45. For more information call 526-2240.

Soldiers find bulletproof jacket is also floatation device

**Story and photo by
Pfc. Paul J. Harris**

3rd Heavy Brigade Combat Team

BALAD, Iraq — On June 6, 1944, hundreds of Soldiers died in five to six feet of water before they reached the shores of Normandy, France — they died because they did not know how to tread water in their heavy gear.

In Iraq there are a lot of canals adjoining the Tigris River. Insurgents have begun using the waterways as a means to transport weapons caches while avoiding coalition forces patrolling the streets. Weapons caches have also been found on many of the riverbanks along the Tigris River.

To date, more than 50 U.S. service members have drowned in Iraq. Not wanting to repeat history, the command group of 3rd Battalion, 29th Field Artillery, 3rd Heavy Brigade Combat Team, 4th Infantry Division, Task Force Band of Brothers, decided to develop training to help Soldiers survive in full combat gear if they happen to fall in water.

A Soldier going out on patrol wears about 40 to 50 pounds of gear.

With the weight of the gear, there was concern Soldiers would sink to the bottom of a canal.

“I wondered to myself how much survivability a Soldier would have if he ended up in the river or in the canal,” said Sgt. Maj. Dean Keveles, command sergeant major, 3rd Bn,

29th FA, 3rd HBCT. “Could they surface and get themselves to the bank of the river to survive?”

With river boat patrols becoming an increasing reality, Keveles and a team of senior noncommissioned officers decided to test the buoyancy of the interceptor body armor system at the outdoor swim-

ming pool at Logistical Support Area Anaconda. Sgt. 1st Class Ralph Cook, Bradley Fighting Vehicle platoon sergeant, Bulldog Troop, 2nd Squadron, 9th Cavalry, 3rd HBCT, donned the vest,

See **Floatation device** on Page 9



1st Lt. Sean Craig, Battery B, 3rd Battalion, 29th Field Artillery, 3rd Heavy Brigade Combat Team, swims a 15-meter distance in his interceptor body armor system during a drown-proofing class at the pool in Logistical Support Area Anaconda near Balad, Iraq.

Mortar

From Page 5

one air-conditioning unit and not nearly as many lighting fixtures.

We were using water bottles for showers then, where as now we have hot showers, hot chow and beds to sleep in."

For some of the mortar men this is their first deployment in Iraq and it has not gone as expected.

"I thought it would be more violence or chaos," said Pfc. Matthew Doyle, mortar gunner.

Most of the battles Doyle has been fighting lately have been with the hoard of bugs that plague Iraq during the early summer months. Doyle is not exactly complaining, the platoon has not had a casualty so far in this deployment.

"During 2003, we shot 4,000 rounds as compared to the roughly 40 rounds we have shot in the first half of our deployment this time," Barnette said.

He believes insurgents have focused more on using their shells as IEDs as opposed to firing them at the FOB.

Grabow sees the decline in insurgent activity a different way.

He believes the decline is due to the hard work of the mortar platoon along with the work performed by the line units outside the wire every day.

"They (Soldiers) are finding the weapons caches and that is having a crippling effect on the insurgents' plans," Grabow said.



Photo courtesy Directorate of Information Management, Visual Information Branch

Noted as top-notch

Staff Sgt. Mark A. Brummitt, 984th Military Police Company, receives his award from Adm. Timothy J. Keating, commander, North American Aerospace Defense Command and Northern Command, at the annual Colorado Springs Chamber of Commerce 2006 Armed Forces Luncheon May 18 at the Broadmoor International Center. Brummitt and two airmen were lauded for their dedication to maintaining security at local installations. The Armed Forces Week celebration is one of the largest of its kind in the country. Held in May, the highlight of the Armed Forces Week is the awards luncheon, which recognizes the top enlisted personnel from local military installations.

Floataction device

From Page 7

plates and all and jumped in the pool to see what would happen.

It turns out the Kevlar inside of the IBAS floats and will support the weight of a Soldier. If Soldiers rip off their IBAS upon entering the water, they sink, said Keveles. It is like having a bulletproof life vest.

From what they learned at the pool, Keveles and his NCOs were able to put together a training exercise for Soldiers.

The exercise would have a Soldier in full Army Combat Uniform wear an IBAS vest with plates and remove the ammunition pouches. The Soldier would crouch on one knee near the edge of the pool and hold an M-16 rifle in the ready position.

The M-16 rifle would be connected to the instructor by 550 cord for quick retrieval out of the pool. Before hitting the water, the Soldier would be instructed to throw his weapon away to lessen the weight.

"We know that you will automatically drop your weapon when you hit the water," said Keveles. "Soldier survival is first and if we have to, we will dredge the river for the weapon later."

The instructor would give the Soldier a swift kick in the back to simulate the surprise of falling into the water. After Soldiers fell in the water, they would have to swim 15 meters before coming out of the pool.

Not every detail could be simulated at the pool, but Keveles said he was happy with the program. "We don't have a way to simulate river current but at least the Soldiers can build their confidence by doing the training, getting to the surface of the water and using their energy to get to the side of the pool," said Keveles.

Sgt. 1st Class Jason Maynard, platoon sergeant, 3rd Bn, 29th FA, took his Soldiers to the pool recently to teach them what he learned from Keveles' team.

Before putting on the IBAS, Maynard had the Soldiers jump into the pool in their uniform, helmet and boots in groups of eight. It was to determine how strong of swimmers they were. There were some nonswimmers in the groups. Lifeguards were on hand to assist the Soldiers if they began to panic.

From there, he instructed the Soldiers to don the IBAS and get ready to be kicked into the pool.

1st Lt. Sean Craig said he felt no initial discomfort after hitting the water.

"I am a pretty strong swimmer so it felt fine, felt like I normally swim," said Craig. "It felt like a life jacket, a secure feeling because as soon as you get in it pops you back up."

Not all Soldiers had the same reaction, especially those who do not swim well.

"I was nervous because I had never done this and I don't swim at all. It was tough for me," said Spc. Albert James. James struggled in the water but was able to complete the 15-meter swim. After he got out of the pool and let water

drain out of his uniform, he was tired but confident his vest would keep him afloat if he had to do it again.

The last stage of the exercise was to move to the shallow end of the pool where Sgt. Justin Folts, Headquarters and Headquarters Co, set up a demonstration on how to use the National SCUBA Divers Association approved bottles containing a mixture of oxygen, nitrogen and breathable air that every Humvee in the battalion now carries.

When Soldiers roll over in a canal or start to drown, they will panic, said Folts. The oxygen in the bottles will calm you down, allowing oxygen to be received by your vital organs. This will help you to regain composure and allow you move to safety.

"We are the only task force in Iraq that has a mandate of two oxygen bottles per vehicle. I think the rest of the brigade will adapt as they see how useful these bottles are," said Folts.

"I felt funny trying to breathe underwater," said Staff Sgt. Derrick Gwin. "I got used to it (oxygen tank) after a while, and I definitely would rather have it than not."

At the conclusion of the training Maynard was pleased with the way his teammates from Battery B performed. With the possibilities of water operations becoming more of a reality, the training will aid in the Soldiers' confidence to do their job.

"(The training) is going to take their mind off being nervous and keep it on the mission," Maynard said.

COMMUNITY

Negative body image issues revealed

by Karen Linne

Mountaineer editor

A new survey shows that more than half of men (54 percent) and women (58 percent) would rather lose their jobs than gain 75 pounds, according to Fitness Magazine's national survey. The survey of 1,000 men and women also found that a significant number (17 percent of men and 11 percent of women) said they would give up 20 IQ points to achieve the perfect body.



Every day millions of men and women engage in combat with themselves. They fight a constant war between the image they see in the mirror and the image they believe they need to obtain.

Body dissatisfaction among American women is rampant, according to research reported on BodyImageHealth.org, with as many as 75 percent of adolescent girls feeling bad about their bodies and 70 percent saying they feel "fat."

Boys are increasingly affected, as the national obsession with avoiding fatness has now become pervasive. No one of any age, gender or size can escape the barrage of messages to "lose weight."

What is body image?

- How you see or picture yourself.
- How you feel others perceive you.
- What you believe about your physical appearance.
- How you feel about your body.
- How you feel in your body.

Body image is not static, but rather, an ever-changing thought process, according to Judy Lightstone, a psychotherapist specializing in the treatment of eating disorders. Lightstone explained that body image is not inborn, but learned. "This learning occurs in the family and among peers, but these only reinforce what is learned and expected culturally," Lightstone reported in her article "Improving Body Image."

Body image is formed out of every experience an individual has — parents, role models and peers — who give ideas of what it's like to love and value a body. Image is formed from the positive and negative feedback from people whose opinions matter.

As the drive to be thin has prompted pervasive weight-loss efforts, America has become the fattest nation on earth. Soldiers are not exempt from the tendency of expanding waistlines, said Christine Levy, outpatient dietician at Evans Army Community Hospital.

"We see Soldiers every month for weight control. It (being overweight) isn't going away.

"As their (Soldiers') weight increases with poor food choices and decreases in activity, we (dietitians and staff of EACH) are finding a corresponding relationship to a decrease in good cholesterol, high density lipoprotein levels," Levy explained, an indication that the patient's overall health is in decline.

The impact of negative body image is extending to younger and younger children. Studies report that almost half of third to sixth grade girls now want to be thinner, regardless of their size. American children are preoccupied with their body size, afraid food will make them fat, and eat in ways that are detrimental to health and well being.

A poor body image can lead to emotional distress, low self esteem, dangerous dieting, anxiety, depression and eating disorders, according to the National Women's Health Information Center.

Levy said she sees about one newly diagnosed eating disorder patient per month. "But many of the patients I see for weight management issues frequently demonstrate eating disordered behaviors.

"For people with negative body image, we try to focus on making them feel healthy without looking at the number on the scale," Levy said. "We do this by encouraging a balanced diet as well as an exercise program that will help them achieve their goals.

"For follow-up assessments, we (try to get clients to) focus on their fitness improvements like being able to do activities of daily living easier, increased energy, increased amount of time they can do continuous exercise, improvements in strength training, improvements in lab data or how their clothes fit. Checking their weight on the scale is the last parameter we look at.

"Certainly if we (Nutrition Care Division staff) or a counselor can find the source of why they (patients) have negative body images, we address those issues first," Levy said.

In general, men appear to be more comfortable with their weight and perceive less problems than women. A national survey indicated that only 41 percent of men were dissatisfied with their appearance compared with 55 percent of women, according to the National Eating Disorders Association.

Which body part needs the most work? Which feature is the best?

Respondents to the Fitness Magazine survey said they most wanted to refine their abdominal region (36 percent of women and 48 percent of men). Both women (27 percent) and men (42 percent) said they were happiest with their arms.

Amber Flores, personal trainer and recreation assistant for Fort Carson's Directorate of Morale, Welfare and Recreation, said she agrees with these findings.

"Most people like their upper body, their arms and shoulders. A lot of military men work their upper body but forget about their lower body.

"But the midsection is what many (of my clients) want to improve.

"I educate them (clients) on losing weight — achieving a healthy weight — and give them tips on nutrition," Flores said.

Danielle Dungen, an aerobics instructor at Forrest Fitness Center and no stranger to the "battle of the bulge," said most people are not educated in keeping fit. Dungen, who transformed her body from a size 16 to a size 0 over the course of several years, said many women are not realistic about their bodies.

"Women are still worried about their weight and don't pay attention to other aspects," she said. "They may be looking better because they are working out and watching their diet but they are still worried about the numbers on the scale."

If you have experienced the impact of negative body image, see your health care provider or call the Nutrition Care Division at 526-7290.

Extreme body image disturbances explained

Extreme body image disturbances include body dysmorphic disorder, eating disorders and severe depression.

Body dysmorphic disorder — This is a disorder of "imagined ugliness." What individuals with this disorder see in the mirror is a grossly distorted view of what they actually look like. Often, these individuals

will spend hours examining, attempting to conceal or obsessing over their perceived flaws. Some people actually spend thousands of dollars on plastic surgery in an attempt to improve their bodies.

Anorexia nervosa — This disorder is characterized by an extreme fear of gaining weight and these individuals actually perceive their

bodies as larger or "fat" even though they are grossly underweight. Medical complications that arise from anorexia and bulimia include: dry scaly skin; abdominal cramps; flatulence; constipation; nausea; hypotension; edema; dehydration; amenorrhea (absence of menstrual cycle); muscular weakness; erosion of tooth enamel and dental cavities.

Bulimia nervosa — Individuals with this disorder are also dissatisfied with their bodies and have extreme concern with body weight and shape.

Depression — In many instances, individuals with depression often have a distorted view of themselves and believe they are less attractive than they really are.

Community briefs

Miscellaneous

Home Depot pays tribute to military — Home Depot is offering active duty Soldiers, Reservists, retirees, veterans and their families a 10 percent discount off purchases in honor of Memorial Day. The offer is valid for purchases up to \$2,000 between today and Monday.

Comfort cooling reminder — Beginning June 1, the Directorate of Public Works will begin the activation of the chiller plant and turning on building air conditioning and swamp coolers. Fort Carson Regulation 200-1 mandates that temperature for cooling will be set no lower than 76 degrees Fahrenheit. Occupants are asked to keep blinds closed and circulate air as necessary. Child care, medical and dental facilities, community service buildings, post headquarters and dining facilities will be activated first. Billeting and buildings located in the following blocks: 800-1600; 1800-2700; 2900-3200; 3600-3800; 7400, 8000-9000 will follow. Industrial areas of the installation and buildings in the 200-700, 900, 6000-6100, and 9600 blocks will be the next priority. Motor pools, warehouses and storage facilities will then be turned on. For more information call 526-6951.

Demo Day at Cheyenne Shadows — Cheyenne Shadows Golf Club hosts a demo day June 3 from 9 a.m.-4 p.m.

The club offers 10 percent off all equipment bought or special ordered that day. For details call 526-4102.

Parenting: Without the Guilt — Community Partnership for Child Development will host the nationally acclaimed parenting speakers and the authors of "Mommy Guilt," Devra Renner and Aviva Plock, as they explore the many factors that contribute to parenting guilt during a free, open-to-the-public event, Tuesday from 6:30-8:30 p.m. at Community Partnership for Child Development.

The Community Partnership for Child Development is located at 2330 Robinson St., Colorado Springs. Seating is limited. Reserve your slot by calling Jennifer Lange at 635-1536.

2006 Colorado Springs Heart Walk — Join the more than 2,000 El Paso County residents for the 2006 Colorado Springs Heart Walk, a three-mile fun walk and festival for the entire family, to support the American Heart Association. The event is June 3 at Memorial Park. Registration begins at 7:30 a.m. For more information or to preregister call 635-7688 or visit the Web site at www.walkamericanheart.org.

AFGE, Fort Carson work in partnership — The Department of Defense issued a policy that mandated the use of hands-free devices on cell phones while driving on federal installations. However, in an effort to enact this safety policy, prior to implementation, the agency (Fort Carson) and the union must complete federally mandated negotiations on the impact to bargaining unit employees on Fort Carson. This process is on going.

The union and management are concerned for the safety of all employees and strongly encourage the use of hands-free devices. If you do not have a hands-free device, pull your vehicle to the side of the road to complete your phone call. The life you save may be your own.

MOAA meeting — The Military Officers Association of America, the Pikes Peak Chapter, invites all active and retired military officers to a special presentation by Maj. Gen. Paul G. Sullivan, chief of staff for North American Aerospace Defense Command and Northern Command.

Sullivan will give a presentation on the military mission of both organizations followed by a question and answer period. The event is June 1 at Peterson Air Force Base Officers' Club at 7:30 a.m. Cost for a select continental breakfast is \$3.50 or a full breakfast is \$7. No reservations are required. For details call Karin Manning at 574-1986 or Max

Borysko at (303) 647-0405.

Summer reading program — Grant Library is accepting registration for the summer reading program. Pet lovers are invited to join the "Paws, Claws, Scales and Tales" program. The 2006 summer reading program is open to youths 5-12. The library will host readings, songs, crafts and other activities each Wednesday from 10-11 a.m. beginning Wednesday through July 12. There will be no program July 5.

To help encourage reading throughout the summer, readers will set goals for the season and families are invited to the read-to-me portion of the program. Registration begins Wednesday. For details call Kevin Bokay at 526-8144 or e-mail Kevin.Bokay@us.army.mil.

Stars and Stripes Father's Day messages — Stars and Stripes newspaper offers a free online message posting service for Father's Day. Messages will be accepted until Tuesday. Messages will be printed in the paper and displayed online. Visit the Web site at <http://fatherday.strikes.osd.mil/> for details and posting.

Armed Forces Bank hours — Beginning June 10, the drive-up services at Armed Forces Bank will change to Monday-Friday 8:30 a.m.-5 p.m., closed Saturday and Sunday. Other services remain unchanged.

Scholarships — ThanksUSA.org has been allocated \$4 million in scholarship funds by Congress to be awarded to spouses and children of military members. Scholarship applications must be received by Tuesday. For details visit the Web site at www.thanksusa.org/main/index.html.

Teen Scene at EACH — Teenage mothers and moms to be are invited to a program at Evans Army Community Hospital. There will be "how to" classes, field trips and games. The group meets the second Wednesday of the month in the third floor conference room at EACH. Call Rhonda Tulensa at 526-7030 or Carissa Sullivan at 526-7090.

Falcon Wanderers — The Falcon Wanderers Volksmarch Club of Colorado Springs is a nonprofit organization that promotes a healthy lifestyle through walking.

Each month the club conducts a Volkssporting event. Volkssporting is a family oriented, noncompetitive walk. The event is free and open to the public. The next event is Saturday at Lovell Gulch near Woodland Park.

Start at 8 a.m. and register for a five-kilometer, 10-kilometer or 12-kilometer trail. Walkers must finish by 2 p.m. Leashed pets are welcome. Jogging strollers can complete the trails with difficulty. For details call 640-6745, 632-9320 or 667-5662.

5th Bn, 7th Cav reunion — The 5th Battalion, 7th Cavalry Association hosts its biennial reunion July 30-Aug. 6 in Colorado Springs at the Academy Hotel. For information call Garry Owen at 390-3684.

Soccer camp — A free soccer camp will be held July 7 from 8:30 a.m.-3:30 p.m. at the field next to Forrest Fitness Center. The event is cosponsored by the Exceptional Family Member Program and the National Sports Center for the Disabled. Registration begins Wednesday. The camp is open to all EFMP enrolled or qualified families. Preregister by calling 526-4590.

Host an exchange student — Foundation for Intercultural Travel, a State Department designated exchange visitor program, is currently matching international students ages 15-18 with host families in the local area.

Families of all types are eligible to host, retirees to single parent families. Students arrive about one week before your school's start date and bring their own money for clothes, entertainment and miscellaneous expenses. They have their own medical insurance.

Host families agree to provide room and board and to include the student as a family member. All students speak English. For details

Army Community Service
Family Readiness Center, Bldg 1526
TEL: (719) 526-4590

EARN Promotion Points

Did you know that Army Community Service (ACS) offers promotion points to E6 and below? Approved on 29 July 2002 by the Total Army Personnel Command, this program is now available through the U.S. Army Community and Family Support Center's (USACFSC). Wondering how it works? It's simple, attend *40 hours of ACS courses and earn 4 points. The points may not seem to be a lot, but when you're at 388 and need 391, it can make a difference. For every 10 hours of courses you take, you earn 1 point, with a maximum of 4 points. For courses to count towards your points, you must receive a DA Form 87 from the instructor. Courses include:

- ✓ Financial Readiness Program targets several areas that promote financial literacy and financial wellness. Courses focus on how to get control of your finances, budgeting basics, credit management, banking and checking accounts, the Thrift Savings Plan (TSP), car buying, basic investing, home buying and much more.
- ✓ Operation READY (Resources for Educating About Deployment & You) courses are designed to prepare Soldiers the challenges of deployment. All aspects are covered, post deployment, deployment and reunion/reintegration. Courses include: Family Readiness Group (FRG) training, the Prevention and Relationship Enhancement Program (PREP) and Rear Detachment Training.
- ✓ Employment Readiness Program offers a variety of career development courses that are designed to increase the employability of Soldiers in their military career as well as their civilian career.
- ✓ New Parent Support Program curriculum is offered to assist Soldiers in increasing their knowledge about child health and development. Courses enhance communication and help in fostering a positive parent/child relationship.

Participating in courses offered by ACS will not only increase your knowledge base, but will also enhance your career! Not to mention, you'll move to your next rank a little faster and increase the productivity of your personal and financial life. The knowledge gained today will determine the quality of life you attain tomorrow. For more information on course dates and times, or for more details on how the program works, stop by the Family Readiness Center, Bldg. 1526 or call (719) 526-4590.

*Mandatory courses such as First Term Training and New Parent Support Program courses taken as a result of a recommended Family Advocacy Case Review Committee treatment plan will not count towards 40 hours.

call (877) 439-7862.

Risk Communication Workshop — An introductory risk communication workshop will be held Aug. 22-24 at Embassy Suites Hotel in Colorado Springs. Register online for this event at <http://chppm-www.apgea.army.mil/risk> or e-mail Suquita.Perry@us.army.mil. Call (440) 436-4936 for more information.

Post Traumatic Stress help — "LZ Calvary" is a small group Bible study and support group for veterans experiencing the effects of post traumatic stress disorder. Join a group of veterans who are experienced in combat-related problems and who have successfully dealt with the memories and effects of combat as we work through PTSD-related problems through the study of God's word, fellowship and group discussion. Meetings are held Mondays at 10 a.m. at Grace Brethren Church, 2975 Jetwing Drive. Call Robert P. Schaffer at 390-8096 or 510-6009 for more information.

Alcoholics Anonymous — Alcoholics Anonymous meetings are held at Soldiers' Memorial Chapel Wednesdays at 7 p.m. For more information call 322-9766.

Head Start seeks volunteers — Community Partnership for Child Development/Head Start needs bilingual volunteers fluent in Spanish and English to assist with Head Start enrollment events through August. Volunteers will escort Spanish speaking families through the enrollment event, assist parents with paperwork, assist children as they receive free dental and medical exams.

Events are afternoons, evenings and weekends, involve four-five hours and are held at locations in Colorado Springs. Call 635-1536, ext. 276.

Claims against the estate — Anyone having claims against or indebtedness to the estate of Pfc. Grant A. Dampier, deceased, should contact 2nd Lt. Jared W. Souder at 330-3547.

Chaplain conducts field baptisms

**Story and photo by
Sgt. Zach Mott**

*3rd Heavy Brigade
Combat Team*

BAQUBAH, Iraq —

Two Soldiers from the Iron Brigade were baptized in the heat of an Iraqi afternoon at Forward Operating Base Warhorse on Mother's Day.

Privates first class LaTasha Bell and Brian Carrasco, both members of Company A, 64th Brigade Support Battalion, 3rd Heavy Brigade Combat Team, 4th Infantry Division, were dipped into the makeshift baptismal pool by 64th BSB chaplain, Chap. (Capt.) Wayne Keast.

"I'm ready to give my

life to the Lord," said Carrasco, from Midland, Texas. "There's always a lot of negative stuff around, not enough positives. I'm ready to get away from the negative and come to the positive."

Bell, from Selma, Ala., was prompted by her mother to get baptized, and fittingly she was baptized on a day traditionally set aside to honor mothers.

"She's always asking when I'm going to get baptized," Bell said.

"I'm going to call her today and tell her that I got baptized."

She wanted to be baptized before deploying to Iraq in late November, but time

didn't allow it.

While her unit was in Kuwait waiting to move north, Bell approached Keast to find out if she could be baptized in Iraq.

"Me and Carrasco were talking about it when we first got here," she said. "I think I encouraged him to get baptized."

Baptism signifies a person accepting Christ as their personal savior, being pennant for their sins and asking Christ to come in and enlighten them, Keast said.

"It's an encouragement that a person is truly interested in living and dedicating themselves to God," he said about performing his first baptisms in Iraq.



Chap. (Capt.) Wayne Keast, 64th Brigade Support Battalion, 3rd Heavy Brigade Combat Team, 4th Infantry Division, reads a Bible verse as Pfc. Brian Carrasco, from Company A, 64th BSB, waits to be baptized at Forward Operating Base Warhorse May 14. Carrasco wanted to be baptized while in Iraq to find refuge from negativity, he said.



Photo by Spc. Clint Stein

Gone fishin'

Chris Zimmerman, Fort Carson wildlife officer, helps Mistie Gooch, center, an eighth grader from Janitell Middle School, reel in her first fish ever caught, a cutthroat trout, May 18 at Haymes Reservoir on Fort Carson while Gooch's teacher, Barbara Schara, left, and other students

cheer her on. Gooch was part of a special education class of students from School District Three who spent half the day fishing at Fort Carson as a field trip. This is the first time Schara's class has gone fishing but said, "We hope this can be an annual (event) coming here to fish."

God provides moms support while troops are away

Commentary by Lorrie Pies

Army Chaplain's Spouse

"Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Let me teach you, because I am humble and gentle, and you will find rest for your souls."
(Matthew 11:28-30)

Mother's Day has passed and I hope that

it brought happiness for those in the role of a military Mother.

For you who have a spouse deployed, I want to encourage you with this passage of scripture. You may be at the halfway mark until your spouse is reunited with you. You may be feeling the weariness and the burdens of being "in charge" on the home front and still see no end in sight. The school days are drawing to a close and summer is soon approaching with children at your feet.

The big questions become:

- How on earth can I make it through these summer months without giving in to my struggles while parenting my children?
- What can I do to make it a memorable summer while doing double duty as mother and father?
- When can we experience enjoyable times as a family, and for me?

You are amazing! Do you realize that you are a gift given to your family?

In this extremely difficult time, you are the sole care giver. You have the stress of a loved one serving in harm's way.

Burdens weigh us down and make us tired. It takes our strength away and can cause depression, anxiety and even a sense of downright uneasiness.

This is where God wants to step in and help. He is here for you. He knows what you are going through and feeling in your heart this very moment. He wants to ease your stress of the current situation, and yes, He wants you and

your family to enjoy this summer. So how are we to respond to His help?

First, He tells us to come to Him. In those moments when you are about to "lose it" with the kids, send up a quick prayer and say, "Help me, Lord." This stops the "energy" inside from being released in a way that is not helpful to anyone.

Second, He promises to give us rest from our burdens. Tell Him you can no longer do this by yourself and ask Him to give you rest from succumbing to the "Super Mom" syndrome. This takes the enormous responsibility off of your shoulders and gives you a partner on call, 24 hours a day, seven days a week.

Third, He wants to teach us in our day-to-day life. When you ask Him to "teach me your ways," believe me, the lessons will begin. Those lessons will never be too difficult. God is not a harsh task master, but a gentle, loving, teacher who wants the best for you and your family.

He longs to "gather his children together as a hen gathers her chicks under her wings" (Mat. 23:37)

Matthew Henry's commentary says it best:

"The hen gathered her chickens under her wings, for protection and safety, and for warmth and comfort; poor souls have in Christ both refuge and refreshment. The chickens naturally run to the hen for shelter."

This summer, He is here for you in your "R & R." He is your "Refuge and Refreshment." Make it a point to run to Him.

Have a wonderful summer!



Chapel

Catholic religious education — The Catholic Religious Education process will begin Aug. 28. Registration forms are available at Soldiers' Memorial Chapel in the library.

For more information contact Pat Treacy at 524-2458.

Catholic faith information classes — Inquiry sessions will begin July 17, 8 a.m. at Soldiers' Memorial Chapel.

Adults who are interested in becoming Catholic and those who want to learn more about the faith are encouraged to attend.

Call Pat Treacy 524-2458 or Chap. (Col.) Richard Goellen at 526-5769.

Fiesta Vacation Bible School — will be conducted at Soldiers' Memorial Chapel June 12-16, 9 a.m.-noon. Registration will continue through Sunday or until slots are filled.

Fiesta Vacation Bible School is for children age 4 through sixth grade. Parents are invited to join in the fun.

Volunteer positions are available. Those interested in volunteering should contact Amy West at 337-7399. Child care for children under age 4 is provided for volunteers.

Calling all volunteers — Volunteers are needed for chapel programs. Contact Dennis Scheck at 526-5626.

Youth program invites sixth-12th graders — The chapel youth program invites all sixth-12th grade military youths to Soldiers' Memorial Chapel Sundays from 4-5:30 p.m. Individual programs are offered for grades six-eight and nine-12.

The program is sponsored by the Fort Carson Protestant and Catholic congregations.

For more information call Chap. (Capt.) Rick Cantrell.

Chapel Schedule

ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
Mon., Wed., Fri.	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Tues., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	9:15 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	10:30 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Sunday	11 a.m.	Mass	Provider	Barkeley & Ellis	Chap. Goellen/526-5769
Tuesday	7 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769

PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Meeker/526-3711
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Zust/526-8890
Tuesday	7 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Scheck/231-9511
Sunday	9 a.m.	Samoan	Veterans'	Titus	Deputy office/526-3888

JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

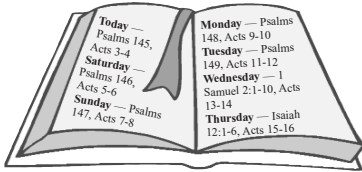
WICCA

Monday	6:30 p.m.	bldg 4800, corner of Harr and O'Connell	Rhonda Helfrich/338-9464
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NATIVE AMERICAN SWEATLODGE

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for information and directions: Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.

Daily Bible readings: To assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary, which is designed to present the entire Bible over a three-year cycle.



The Army Cycle of Prayer — Please pray this week for the following:

Unit: For the Soldiers and leaders of the 1st Infantry Division, "the big red one," headquartered in Wuerzburg, Germany, forward deployed in support of Operation Iraqi Freedom.

Army: For the Soldiers, noncommissioned officers and officers of the Dental Corps in their valiant work around the world in support of Soldiers and families.

State: For the Soldiers and families from the state of

Colorado. Pray also for Gov. Bill Owens, the legislators and municipal officials of the Centennial State.

Nation: For the Secretary of Treasury, John Snow. Pray for wisdom for the many officers and staff members of the Department of Treasury.

Religious: For all Soldiers and families from the Lutheran Brethren Church. Pray also for all military chaplains endorsed to serve on behalf of this community of faith. For more information on the Army Cycle of Prayer visit the cycle's Web site at www.usarmychaplain.com

Soldiers should heed safety tips when using dietary supplements

Evans Army Community Hospital

Dietary supplements can cause adverse health effects and affect Soldier performance. Soldiers must be informed consumers and knowledgeable about dietary supplements.

"Dietary supplement" is a general term for a variety of products: Vitamins, minerals, amino acids, proteins, botanicals (including herbal preparations), glandular extracts (pituitary, hypothalamus and testes) and other animal products.

Often there are no written claims on the label but the name implies a certain effect (peak performance, joint rescue or extreme lean). Many supplements provide none of the implied benefits or only a slight benefit. Consumers must realize that these items are unregulated and no one is required to provide proof of effectiveness or safety to the Food and Drug Administration prior to marketing. Most advertising is also unregulated, and there is no guarantee that the contents of the bottle match the statements on the label, often resulting in considerable variability in strength of the active ingredients from one lot to another.

Several reports of side effects associated with dietary supplements

have surfaced in the military community including reports of abnormal heart rhythms and mental status changes. Unfortunately, it is difficult to predict who is most likely to suffer adverse health effects from a dietary supplement. In most cases, it is not that a dietary supplement is clearly unsafe for everyone, but that it is potentially unsafe for specific individuals. For example, valerian, an herbal product, is touted as an "aid for a good night's sleep."

Valerian has a sedative effect and therefore should not be taken when performing tasks requiring alertness and coordination.

Some dietary supplements marketed for performance enhancement and weight loss and some over-the-counter products (cold remedies) can be harmful when ingredients are combined. In particular, products containing caffeine, in combination with ephedra or ephedrine-like substances and aspirin (willow bark) are of concern. Possible side effects from such combinations include high blood pressure and abnormal heart rhythms. The use of this combination of substances may also put you at greater risk of becoming a heat casualty. Caffeine-containing substances include guarana, coffee, cocoa, green tea, black tea, oolong

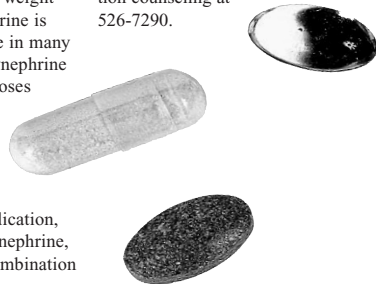
tea, cola nut and mate. Ephedrine-like substances include many cold remedies (pseudoephedrine), bitter orange/citrus aurantium (synephrine), country mallow, heartleaf and Ma Huang. The sale of ephedrine-containing supplements were banned by the FDA in April 2004; however, a federal judge overturned the ban to allow for low-dose (10 milligrams or less) ephedrine containing supplements with the ban for higher doses remaining in effect. Ephedrine is still a dangerous substance and should be avoided. These products are banned from sale on military installations, but are still available internationally and illegally in the United States.

Dietary substances containing synephrine (also called bitter orange) claim to promote weight loss and burn fat. Synephrine is marketed as an alternative in many ephedra-free products. Synephrine may not be safe in high doses due to its effect on the heart. It may also raise blood pressure. If service members are taking a blood pressure, cholesterol or decongestant medication, they should never take synephrine, as these compounds in combination

significantly increase the risk of adverse effects. Although these dietary supplements are legal for sale, they generally are not a safe choice for service members.

Service members should tell their health care provider about any dietary supplements they are taking along with other medications (including those not prescribed). Also, tell your health care provider if you suspect that any dietary supplement caused an adverse effect. Serious adverse events (fatal, life-threatening, permanently/significantly disabling or requiring intervention to prevent permanent impairment or damage) should be reported to the FDA.

Contact the dietitians at Evans Army Community Hospital for individual sports nutrition counseling at 526-7290.



TriWest produces post-deployment support DVD

TRICARE

As troops return from Iraq and Afghanistan, an increasing number of beneficiaries are experiencing symptoms of post-traumatic stress disorder and other behavioral health issues that can interfere with their ability to function on a day-to-day basis.

To help active-duty service members recognize the symptoms of PTSD and other post-deployment behavioral health problems, TriWest offers a behavioral health care DVD. The DVD is available online at www.triwest.com. Beneficiaries may also request it by calling (888) 874-9378.

"TriWest health care providers stand ready to serve you just as you have served your country," said Elizabeth Perrine, TriWest director of corporate communications. During the 38-minute DVD, a psychologist describes the warning signs of PTSD, discusses substance abuse issues and covers topics such as returning Soldiers' relationships with their significant others.

According to Perrine, the DVD helps both service member and

their families to determine whether behavioral health care ought to be pursued via TRICARE. "The DVD spells out how to get help for a wide variety of post-deployment behavioral health problems."

While the psychologist's information is compelling, many viewers are especially moved by the first-person experiences shared by actual service members on the DVD.

What is PTSD?

PTSD develops after exposure to extreme psychological trauma — events that produce fear, helplessness or horror, such as a threat to life or physical well-being. Indirect trauma, such as seeing another person in a life-threatening situation, can trigger PTSD as well. Not all trauma related to deployment is due to combat situations. Motor vehicle or other accidents can also lead to PTSD. PTSD is a normal response to an abnormal, traumatic experience.

Not everyone exposed to such trauma develops PTSD. Those who do, however, may re-experience the traumatic event as intrusive recollections, images, thoughts, dreams, flashbacks or intense reactions

to situation that resemble an aspect of the traumatic event. Other less specific symptoms may also be present such as increased arousal and startle response, difficulty sleeping, irritability and poor concentration. Many times there is guilt, coexisting depression and panic disorder.

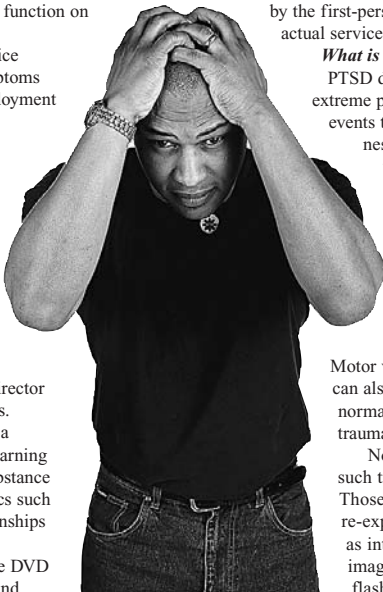
TriWest urges beneficiaries with PTSD and other behavioral health symptoms to visit their primary care manager for an evaluation and possible referral to a behavioral health care provider. As the DVD explains, left untreated, PTSD symptoms often worsen and can lead to other problems, such as depression or substance abuse.

Diagnosis and treatment of PTSD

For PTSD to be diagnosed, the symptoms must be present for at least one month, accompanied by significant impairment in functioning. The severity of symptoms ranges widely among patients. The onset of symptoms can sometimes be delayed for more than six months after the trauma.

According to experts, the military culture is such that people often shy away from seeking behavioral health care. As TriWest's new DVD emphasizes, it is important to treat PTSD; otherwise symptoms can progress to the point that more and more situations trigger reactions ranging from anxiety to anger to depression.

Similarly, it is important for family members to look for PTSD symptoms in returning service members and to encourage these individuals to seek treatment, because many patients fail to recognize



DVD

From Page 22

their own symptoms or may minimize them.

Studies show that the most effective treatment for PTSD usually involves a combination of psychotherapy and medication. Crisis intervention immediately after the traumatic incident can be very helpful, and therapy any time after the diagnosis can be effective.

Help is a phone call away

Service members must always get a referral from their primary care manager for behavioral health treatment, as it is critical for their care to be coordinated. All other beneficiaries, such as retirees and family members, can access behavioral health coverage through their eight unmanaged behavioral health care outpatient visits.

Patients diagnosed with PTSD are eligible for typical behavioral health outpatient services, such as individual psychotherapy, group therapy, crisis intervention, collateral visits and family therapy. Other benefits may include psychological testing, medication management, inpatient treatment and substance abuse treatment.



Courtesy photo

Thanks beary much

Shauna Fleming, 17, center, founder of [A MILLION THANKS.org](http://A_MILLION_THANKS.org), presents Col. Kevin Riedler, deputy of Readiness of the Army Reserve's 81st Regional Readiness Command, some of the thousands of thank you letters collected during the Armed Forces Day Celebration held at Boyd's Bear Country in Pigeon Forge, Tenn. Boyd's is collecting troop thank you letters at their Pigeon Forge and Gettysburg locations throughout May. Her goal is 2.6 million in 2006. From left, Leon Downey, director of Tourism, Pigeon Forge, Suzie Vernetti, assistant store manager, Shauna Fleming, Col. Kevin Riedler, Will Edwards, store manager, and WIVK radio personality, Gunner.

Fountain-Fort Carson hosts field day

Story and photo by Mittie Freeman Pedraza

Special to the Mountaineer

The Barb Rhodea All-District Eight Field Event was held May 15-19 through the collaboration of Fort Carson volunteer Soldiers, teachers, Fountain-Fort Carson High School and children of the district. During the weeklong event, elementary students in grades kindergarten through fifth grade rocked the Fountain-Fort Carson High School sports complex with laughter, physical challenges and exuberance.

Each day a different grade was treated to 29 field events such as jump rope, hula hoops, water relays, ice-cream-cone races and horseshoes.

Carmelita Holien, Youth Education Liaison officer at Fort Carson, worked with Command Sgt. Maj. Joseph Van Dyke, garrison command sergeant major, to locate volunteers to serve as referees and cheerleaders.

"I just enjoy working with the kids," said Sgt. Robert Henzerling, the noncommissioned officer in charge of coordinating Soldiers who volunteered for the event.

That sentiment was echoed by Sgt. Tandy Meader, a medical hold Soldier with the 651st Area Support Group. According to Meader, "the field week event is just for kids. All the movement is great for them as children don't get enough exercise."

Exercise was the goal and varied events met the Colorado Physical Education State Standards. The best part of the day, according to fourth grader Summer Sanders from Abrams Elementary, was, "We (got) to go swimming."

Fun, release of tension after the Colorado Student Assessment Program exams, winding down the school year and an opportunity to play were all benefits of the program, said Mark Magrini, physical education teacher at Patriot Elementary School.

Jeanie Baratono, teacher, said, "This was a good way to end the school year and the event was well run."

The field week event began 19 years ago, after the Fountain-Fort Carson High

School sports complex was completed. District Eight wanted all elementary schools to take advantage of the sports complex.

Since the complex was available between the end of track season and graduation, students and teachers supported the idea of all elementary

schools sharing in one large district field week.

Hector Vega, Debbie Squires, Greg Stinson and Barb Rhodea helped to spearhead the initial all-district event, and when Barb Rhodea died of cancer, the event was renamed in her honor.



Students from Fountain-Fort Carson schools participate in one of the 29 obstacle course events at the Barb Rhodea All-District Eight Field Event.



Sky Sox honor Mountain Post ...

A day at the ball park

Story and photos by Walt Johnson
Mountaineer staff

A capacity crowd was treated to a beautiful day as the Colorado Springs Sky Sox honored the Mountain Post with Fort Carson Appreciation Day Sunday at Security Service Field in Colorado Springs.

This was the 16th time the Sky Sox have honored the Mountain Post community and an early-arriving crowd was enthusiastic and fired up to see the game between the home team and the New Orleans Zephyrs, the top farm team of the Washington Nationals. The only dark cloud in the otherwise bright day was the Zephyrs defeating the Sky Sox 8-6 to take the weekend series three games to one.

The crowd assembled at the stadium, mostly consisting of members of the Mountain Post, did its part to get the Sky Sox ready to play baseball. As the teams prepared for battle about one and a half hours before game time, the Mountain Post community was also preparing to do its part to make the day memorable. Along the right field line members of the 1st Platoon, Howitzer Battery, 2nd Squadron, 3rd Armored Cavalry Regiment, were preparing mortar rounds used to fire off a 13-gun salute after the national anthem.

The Soldiers and their equipment stood in a perfect line as the unit, under the direction of 1st Lt. Brandon Correa performed a run-through of their part of the pre-game festivities. The Soldier said they were excited to be a part of the festivities not only because they were at the ball game but because of the significance of representing the Army and the men and women overseas protecting our national interest and way of life.

Correa said he had members of his platoon and some mechanics and fire-support Soldiers ready to take part in the pre-game festivities they missed last year as many of his troops and he were deployed overseas. Correa said being a part of the pre-game activities was

a good way to represent the Army and interact with an appreciative community.

"We think it's important to come out and see the fans and see the fans' reaction to what the military people do. The guys are getting a lot of positive reaction from people out here who are proud of what the military is doing for our nation. There are 21 of us here today and we all have served in Iraq. More than half of the people here this year were in the deployment last year and missed this event. It's great that we can come out here, represent the people of the military (both) here and overseas and remind people of what the people in Iraq and other areas around the world are doing to support our war efforts."

One of the highlights of the pre-game activities was a moving version of the "Soldiers' Song" sung by Spc. Justin McCormick of the post's Harmony in Motion team. About 20 minutes prior to the game Rai Henniger, Sky Sox senior vice president, marketing and promotion, asked the crowd that had already filled the stadium to three-fourths of its capacity to give its attention to McCormick who stood in front of home plate ready to sing the "Soldier's Song." McCormick could only get half way through the song before the crowd roared its approval at the song and the meaning of being a Soldier. As McCormick finished the song, the crowd was buzzing with excitement and appreciation for the song that many said describes to the letter what Soldiers' sacrifices mean to the nation.

After McCormick's presentation two groups of children from Mountaintopside and Abrams Elementary Schools joined together to sing the national anthem. Maj. Gen Robert W. Mixon Jr., 7th Infantry Division and Fort Carson commanding general, then threw out the first pitch to get the game under way.



Maj. Gen. Robert W. Mixon, Jr., 7th Infantry Division and Fort Carson commanding general, right, gives the victory sign as Emily Hardy throws out a ceremonial first pitch Sunday.



Colorado Springs Sky Sox mascot, Sox the Fox, gets the crowd stirred up early in Sunday's game.



Colorado Springs Sky Sox catcher Dan Conway fires to first base but the throw was wide of the base and the Zephyr runner was able to reach first base safely.



Members of the Fort Carson Mounted Color Guard prepare for the national anthem.



Members of 1st Platoon, Howitzer Battery, 2nd Squadron, 3rd Armored Cavalry Regiment fire mortar rounds during a 13-gun salute.



Courtesy photo

'Old Soldiers Never Die' ...

From left to right: Lt. Col. (retired) Fernando Ornelas, Sgt. (retired) Doug Maclauchlan, Sgt. 1st Class (retired) Dennis Grady, Col. (retired) John Lewis and Master Sgt. (retired) Raymond Kilmer are five former fighting men who currently serve Soldiers at the Mountain Post through their various civilian positions. These Soldiers fought and served during World War II, Vietnam, Desert Storm, Desert Shield and

the terrorist attacks of Sept. 11, 2001. Members of the "team" remember when cigarettes were 10 cents a pack and gas was 50 cents per gallon. Lewis is a retired Marine, the rest served the U.S. Army. Today, Ornelas works at the Welcome Center, Maclauchlan at finance, Grady at transportation, Lewis educates Soldiers about the Veterans of Foreign Wars and Kilmer can be found at in/out processing.

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Saturday, June 3rd
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Cheyenne Shadows Golf Club

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www.ppymca.org

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- Simply bring a copy of your orders and military ID card and we will sign you up
- Ask a staff member how to upgrade to a family membership at a reduced rate
- Membership offer is valid at any YMCA of the Pikes Peak Region's six convenient locations

Questions? Please call 622-9622 for more information.



FAMILY CARNIVAL NIGHT

AT THE ELKHORN

16 JUNE 2006
5PM - 8PM

OPEN TO EVERYONE

12 AND OVER \$8.95
6 - 11 YRS. \$4.00
5 AND UNDER FREE!!!

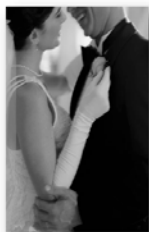
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Colorado History Museum

Harpelin's



A buffalo statue is in front of the Colorado History Museum in Denver. The museum, at 1300 S. Broadway, is a block from the Colorado Capitol.

Story and photos by Nel Lampe
Mountaineer staff

constructed in 1977, the Colorado History Museum is at 1300 Broadway in downtown Denver. The museum building also houses the Colorado Historical Society, which was founded in 1879.

One of 12 Colorado History Museums in the state, the Colorado History Museum in Denver reflects Colorado history through exhibits, dioramas, photographs and artifacts.

Colorado has a colorful history. It was inhabited for 10,000 years by American Indians, mostly Kiowa, Utes, Comanche and Arapaho. An exhibit in the Colorado History Museum, "Ancient Voices: Stories of Colorado's Distant Past" is 4,000

square-feet exhibit of these first inhabitants of Colorado.

But long before that, millions of years ago, dinosaurs roamed the part of the world we now know as Colorado.

Some of that history can be seen, such as fossils of ancient trees and insects at the Florissant Fossil Beds west of Colorado Springs. Bones of dinosaurs are in the Rocky Mountain Dinosaur Discovery Center in Woodland Park, the Denver Museum of Nature and Science and the Dinosaur Depot in Cañon City. Dinosaur footprints can be seen on Shelf Road in Cañon City, in the Picketwire Grasslands near La Junta or in Morrison. Lots of dinosaur bones are

in the town of Dinosaur. Artist's concepts of dinosaurs in this region are in the Garden of the Gods visitor center.

Trading posts, mining towns, gold mines, frontier forts, cliff dwellings and historic trains allow citizens to explore more recent Colorado history.

Colorado came to be part of U.S. history in 1803, when President Thomas Jefferson made the Louisiana Purchase. Capt. Zebulon Pike explored some of Colorado in his 1806 expedition. Other explorers followed, as did

See **History** on Page 42



A model of early Denver shows a young town, way before skyscrapers and sports facilities.



"A Woman's Place is on the Range," is an exhibit which shows how women participated in early Colorado ranch activities. Above, women brand cattle on a ranch.



Places to see in the Pikes Peak area.
May 25, 2006

History

From Page 41

trappers and hunters in the 1820s, 1830s and 1840s. The Santa Fe Trail went across part of Colorado, as did traders and settlers.

After the Mexican War in 1848, settlement spread in the San Luis Valley. Denver was established in 1858 when gold was discovered nearby. Old Colorado City was settled in 1859.

What is now Colorado was part of the Kansas Territory until it was designated the Colorado Territory in 1861. The territory became the 38th state in August 1876. Although Colorado had a population of some 40,000 in 1870, by 1890 the population had multiplied to more than 400,000 residents.

The railroads brought people, growth and cattle to Colorado. Silver and gold finds brought prospectors, adventurers, businessmen and fortune seekers.

In the Colorado History Museum, visitors can see a chuck wagon similar to one created by Charles Goodnight, who drove cattle from Texas to Colorado following the Civil War. He created the chuck wagon from an old Army wagon, making shelves and boxes to stow food and equipment. The chuck wagon made it easier for a cook to transport food and prepare meals for the cowboys on the trail drive.

There's a covered wagon in the museum and clothes worn by early citizens.

"A Woman's Place ... is on the Range" is in the museum until December 2007. Not only did men work the range, but so did women. Learn about cowgirls in the West.



Victorian-age clothing worn by H.A.W. Tabor and his new bride, "Baby Doe" Tabor, in the height of the mining era in Leadville.



Called "The Plank House," this early Denver house, made of hand-hewn logs, is displayed in the Colorado History Museum.

What did Denver look like in the early days? A model of the city is in the museum. Take a look at the plank house, an early Denver house made by hand-hewn boards.

Learn about mining in Colorado during the second half of the 19th Century. See the display about H.A.W. Tabor, who walked to Denver from Kansas in 1859, drawn by the gold. He and his wife Augusta established general stores in several mining towns. Tabor got rich by grubstaking a couple of miners who struck it rich. Tabor went on to become mayor of Leadville, lieutenant governor of Colorado and then a U.S. senator.

See how 10th Mountain Division Soldiers trained during World War II in the lofty altitude around Leadville in the exhibit "Soldiers on Skis." It's open until 2007.

Follow a timeline of Colorado through historic photographs.

Special exhibits portray life and culture of the American West, and Colorado in particular.

History comes to life in the Colorado History Museum.

Twelve Colorado Historical Society museums capture history for its citizens in various parts of the state. In Denver, there's also the Byers-Evans House at 1310 Bannock St. and the Grant-Humphreys Mansion at 770 Pennsylvania St., portraying early Denver. The El Pueblo History Museum, 301 N. Union in Pueblo, the Fort Garland Museum in Fort Garland, the Fort Vasquez Museum in Platteville preserve early trading and military posts. The Georgetown Loop Historic Mining and Railroad Park in Georgetown, open in summer, preserves an early railroad. The Healy House and Dexter Cabin in Leadville are from the mining era. Pike's Stockade, near Sanford, dates back to 1806 when Pike explored the area. It's open in summer. The Trinidad History Museum, 300 E. Main St., in Trinidad captures early settlement in southern Colorado and the Ute Indian Museum in Montrose is on land once homesteaded by Chief Ouray.

Upcoming exhibits in the Colorado History Museum include "The Jewelry of Ben Night-horse" which will be on display from June to September. The traveling exhibit features jewelry designed by the former senator.

"Tribal Paths: American Indians in Colorado, 1500 to Today" opens in September. The exhibit will be a companion exhibit to the "Ancient Voices" exhibit.

Family-oriented special events, programs and interactive exhibits help children understand history. For instance, interactive exhibits scattered throughout the museum encourage children to explore history.

"History Express" is a popular program offered to children 12 and under each Saturday from 10:30 a.m.-2:30 p.m. The programs have historic themes and activities. Guests check in at the History Express center on the M-level of the museum.

Admission to the Colorado History Museum is \$7 for adults



Charles Goodnight is credited with creating a "chuck wagon," that would stow all the equipment and food needed to provide meals for cowboys on cattle drives. Goodnight led several cattle drives from Texas to Denver.



Soldiers of the 10th Mountain Division trained at Camp Hale, near Leadville, during the 1940s. The Colorado History Museum has an exhibit "Soldiers on Skis," about that training.

and \$6 for students with identification. Children ages 6-12 are charged \$5 and children under 6 are admitted free.

Children 12 and under are admitted free on Saturdays.

The museum is open Monday through Saturday from 10 a.m. to 5 p.m. It's open Sunday from noon to 5 p.m.

Call 303/866-3682 or go online at www.coloradohistory.org for further information.

The museum is in downtown Denver at 1300 S. Broadway, about a block south of the Denver Capitol and near the Denver Art Museum and Denver Library.

Parking at meters is available at streets around the museum. There are private parking lots in the vicinity and the large Cultural Center parking garage at the southwest corner of 13th and Broadway. Take the Colfax exit off Interstate 25.

Just the Facts

- **Travel time:** over an hour
 - **For ages:** all
 - **Type:** history museum
 - **Fun factor:** H H H H (Out of 5 stars)
 - **Wallet damage:** \$\$
 - \$ = Less than \$20
 - \$\$ = \$21 to \$40
 - \$\$\$ = \$41 to \$60
 - \$\$\$\$ = \$61 to \$80
- (Based on a family of four)

Get Out!

Pikes Peak Center concerts

Pikes Peak Center events: "Dora the Explorer"

Tuesday, 4 and 7 p.m.

"Stomp," June 13-18.

Tickets can be purchased at 520-SHOW.

The circus is coming

Ringling Bros. Barnum & Bailey circus, "The Greatest Show on Earth" is in the World Arena June 14-18. Show times June 14-17 are at 7:30 p.m. There are also daytime shows at 11:30 a.m. and 3:30 p.m. June 17-18. Tickets are \$13 and \$20, with a military discount for children's tickets. Call 576-2626.

Rockies appreciate military

Coors Field has military appreciation days at selected Colorado Rockies games with the Pittsburgh Pirates in June; the Milwaukee Brewers in July and August, the New York Mets in August and the Washington Nationals in September. Call (303) ROCKIES to purchase \$6 tickets, identify yourself as an active military member or veteran and provide the reference number: 741532. There's a \$2.50 service charge and tickets must be charged to a credit card. This offer is not available at Coors Field ticket windows. See the post Web site, www.carson@army.mil for information.

Fine Arts Center Theater

"Pirates of Penzance" runs through June 4 at

the Fine Arts Center theater, 30 W. Dale St. Performances are Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. Tickets are \$26 in advance and \$29 at the door. The Fine Arts Center box office phone is 634-5583.

B-17 aircraft displayed

A B-17G World War II aircraft will land at the Pueblo Memorial Airport May 31 and will be on display near the Weisbrod Aircraft Museum from 9 a.m.-5 p.m. June 1-5. The B-17 belongs to the Arizona Wing of Commemorative Air Force. For \$5, visitors will be able to enter the B-17 and look around. Proceeds go to the Weisbrod Aircraft Museum.

Memorial Day parade

Denver's Memorial Day parade is May 27

from 10-11:30 a.m. in downtown Denver. The parade will include floats, bands, marching units, drill teams and military vehicles, and will run from 14th and Court to 15th Street, to Champa, north to 17th and south on Broadway to Colfax. For information call (303) 283-1801.

Free summer concerts

Beginning June 7 and every Wednesday through Aug. 23, there'll be a free concert at 6 p.m. in America the Beautiful Park. The park is near Interstate 25 and Bijou Street, turn south on Cimino Drive. Concerts will be cancelled in case of rain. The first concert June 7 is the Springs Contemporary Jazz Band and trombonist Ryan Haines. June 14 concert features Phat Daddy and the Phat Horn Doctors.

Springspre

The annual downtown Colorado Springs fest, "Springspre" is June 17, from 9 a.m.-7 p.m. The

fest will be in blocked off streets on Tejon, from Boulder to Costilla. It's a free fest for the family, with entertainment, food vendors and lots of activities.

Medal of Honor photo exhibit

An exhibit of black and white portraits will be in the visitor center at the Air Force Academy from June 2-14, called "Visions of Valor." It's open to the public.

North Pole open

Santa's Workshop at the North Pole is open for its 50th season. To celebrate its 50th year, 50 percent off tickets are available through June 30 with a coupon from the Web site www.Santas-Colo.com, making admission \$7.95. The theme park is off Highway 24 West at Cascade, about 10 miles west of Colorado Springs.

Denver museum

"Body Worlds 2: The Anatomical Exhibit of Real Human Bodies" is in the Denver Museum of Nature and Science through July 23. This exhibit shows bodies without skin in a process called "plastination." There's a charge of \$10 for this exhibit, but combination tickets are sold for the exhibit, museum, planetarium or IMAX. Go online at www.DMNS.com to check the IMAX schedule or call (303) 322-7009 for entry times available. The museum is in Denver's City Park at 2001 Colorado Blvd.

Learn about mountain lions

Learn about "Mountain Lion Behavior: Ideas to Avoid Conflict" June 24, from 3-4:30 p.m. at Starsmore Discovery Center, 2120 S. Cheyenne road. The cost is \$5 per person and reservations are required; call 385-6086.

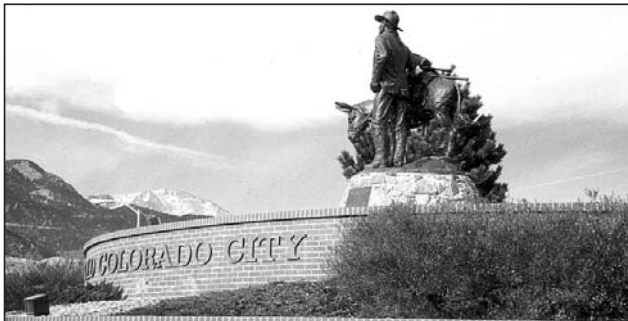


Photo by Nel Lampe

Territory Days

Old Colorado City celebrates "Territory Days" Saturday, Sunday and Monday on West Colorado Avenue, between 24th and 27th streets. The event includes food vendors, gunfights, music and other activities. There's no entry fee and free shuttle buses run from Coronado High School at 1590 W. Fillmore to the Territory Days' site.

Buster's Baghdad

by Maj. James D. Crabtree



SPORTS & LEISURE

Coach prepares athletes for success

Story and photos by
Walt Johnson

Mountaineer staff

Fort Carson's Joe Gentry didn't just watch the past NFL draft as a disinterested fan. The retired officer watched it like an expectant father waiting for his child to be born, except in this case it was to see which of his pupils would be drafted into the NFL from the college ranks.

Gentry, the long-respected and highly-successful track coach, has been training NFL prospects for years in addition to running his Joe Gentry Track Troupe here that has been helping young athletes understand and learn the sport of track and field for most of the past 40 years.

Gentry's resume reads as impressive as any you will find from a track coach in the country. He has been a three-time Olympic track coach and is the former United States Olympic Committee Developmental Coach of the Year. Additionally, he has trained many track and field athletes while serving as the activities director at St. Mary and Harrison High Schools in Colorado Springs. He also has trained many athletes through his track troupe who have gone on to success or are now coaching young athletes.

This year, Gentry, who is the speed coach for Shaun Alexander, NFL 2006 Most Valuable Player, watched as four players, Charlie Peprah (New York Giants), Jeromey Clary and Brandon McKinney (San Diego Chargers) and Zach Streif (New Orleans Saints) were drafted this year.

Sonja Coleman, who used to run for Gentry when she was in high school and now has a daughter that is entering the eighth grade and is being trained by Gentry, said learning from the man she still calls "coach" taught her some valuable lessons.

"Coach Gentry was not easy on us but he taught us discipline. He would get us to learn our races the first time. If you didn't get it he would run our tails off, but once we got it we learned the drills to help us get better. When you came to one of coach's practices you knew you were there to work, there was no time for playing around. I loved to run and what coach taught me made me a better runner."

"My goal is to help the young athletes develop to the point where I can get them into college and to help the NFL prospects improve their draft position. This is a passion I have and something I want to do to give back to a sport that has been good to me," Gentry said.



Fort Carson's Joe Gentry, left, takes a young runner through training drills recently at the outdoor running track adjacent to Forrest Fitness Center.

Mountaineer Sports Feature

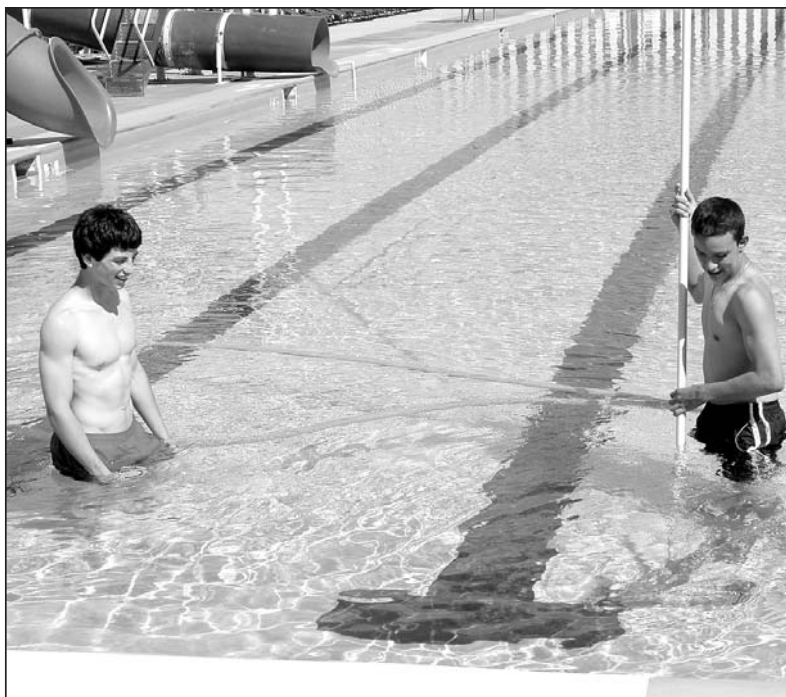


Photo by Walt Johnson

Pool cleaning

Fort Carson aquatics center lifeguards J.C. Bokay, left, and Joshua Bueno clean the outdoor pool Saturday in preparation for Friday's opening. The pool will open 10 a.m. Friday and will remain open each day of the summer through Labor Day. Also, to meet the rising cost of operations, the indoor and outdoor pool will be raising prices for services. The new prices are as follows: daily fees will be \$4 (adults 17 and older); \$3 (5- 16 years old) \$5 (nonmilitary members) and free for children 4 years and younger. Other payment methods are also available to use the indoor and outdoor facilities. A 12-month family pass is \$150 for a family of five or more and for families with two-four members, the price is \$125. A three-month family pass is \$125 for a family of five or more and for families with two-four members the price is \$100. Individual 12-month passes are also available for \$80 (adults 17 and older) and \$65 (seniors 55 and older). Individual three-month passes are available for adults 17 and older for \$70. For more information on the price changes at the aquatic centers contact Don Armes, aquatics center director, at 526-3193 or 526-3107.

On the Bench

Lady Mountaineers win league season opener

by **Walt Johnson**

Mountaineer staff

The Fort Carson Lady Mountaineers softball team began its city league season in fine fashion May 17 when it defeated Shooters 15-12 at Skyview Softball Complex in Colorado Springs.

The Lady Mountaineers got on the board early and often ran up a lead. At one point the led 15-4 over the Colorado Springs based team. Cathy Satow, Lady Mountaineers head coach, didn't think the team would have such a big lead at any point in the game, based on the way it started the game.

"We started the game like we weren't awake. After the first inning it seemed like we said, 'enough of this nonsense' and we got our bats working and started generating some offense," Satow said.

The outcome of the game

appeared to be a foregone conclusion as the innings wound down but suddenly the Shooters team started doing some hitting of its own and was within three runs of the post team with one out in the bottom of the sixth inning. As the inning wore on, the allotted game time expired, so it was up to the Lady Mountaineers to get two more outs before Shooters pushed across four runs to win the game.

With runners on first and second, a Shooters player lifted a fly ball just beyond second base and on the outfield grass. Lady Mountaineer's shortstop Amanda Armijo called for the ball and second baseman Dixie Roberts settled in to back her up on the play. It's a good thing Roberts did because the ball popped out of Armijo's glove. Roberts caught the ball on the ricochet and then looked to see if she could get a double play if one of the runners strayed too far from

See **Bench** on Page 35



Photo by Walt Johnson

Gotcha

Fort Carson's Dixie Roberts, left, holds the ball high after she makes a catch from a deflection off the glove of Amanda Armijo, right, as Maylen Gaspar, center, looks on.



Photo by Walt Johnson

Youth baseball

Triple Crown baseball player Dylan Hodges fires a pitch to the plate during action Saturday as the Mountain Post Sports Complex hosted the Pikes Peak Challenge Triple Crown Baseball Tournament.

Bench

From Page 34

the base. The runner on first had done just that and Roberts was able to complete the double play that gave the Lady Mountaineers the victory.

"Amanda called me off the play and I let her have it. I concentrated on backing her up and it just happens I was in the right place at the right time to catch the ball after it deflected off her glove. After I caught the ball, I was looking for our first baseman to throw the ball to because I knew the runner had left the base but hadn't tagged up. Initially I thought about running her down but then I just waited for our first baseman to get back to the base before I threw the ball. This is the first time I've ever made a play like this. It was actually surprising to make the play but it felt good because it was the play that gave us a victory," Roberts said.

Satow said the victory was a total team effort and that it was good to start the season with a win but she knows there are tough games ahead.

"We had great defense, great offense and great team chemistry out there. We had some timely hitting and some very good base running when we had to have it. It's a good way to start the season. Shooters are

probably as good a team as we are going to play this year. We are going to face top-caliber opponents all year so we have to come out here and be ready to play," Satow said.

The Lady Mountaineers played a doubleheader Wednesday and will play again Wednesday when it plays AWASP at 7 p.m.

The Fort Carson Aces, the post varsity softball team, took it on the chin Saturday as it dropped all three of its games in the Aaron Gutierrez Memorial Classic in Widefield.

The classic is an annual event hosted by the Independent Softball Association designed to raise funds to help fight cancer, which took the life of Gutierrez at the age of 12. This year the tournament was also played with a heavy heart as ISA chairman and a friend to the Mountaineer team, Tony Gaines, passed away three days before the tournament. Bryant Rushing, Mountaineer head coach, said Gaines' passing was a tremendous loss to the softball community here and that he would be sorely missed by many.

Baseball action took over the Mountain Post Sports Complex Saturday and Sunday as the Pikes Peak Challenge Triple Crown baseball

Mountaineer Varsity Sports



Base hit

Fort Carson Aces player Tony Moore drives a base hit to center field during action Saturday in the Aaron Gutierrez Memorial softball classic in Widefield. The Aces had a tough day, losing all three of its tournament games by the slimmest margin. The Aces will next be in action Friday through Sunday when it plays in a Triple Crown tournament in Fort Collins.

Photo by Walt Johnson

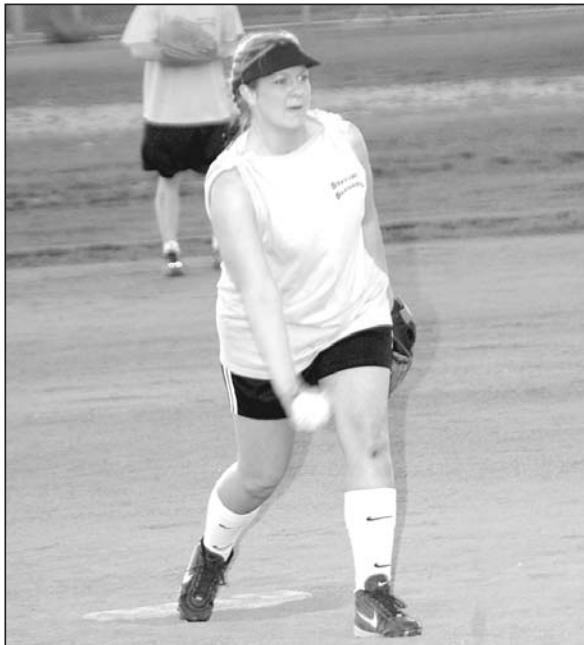


Photo by Walt Johnson

Throwing strikes

Coed league softball player Lindsay Delozier delivers a pitch during coed softball action Thursday at the Mountain Post Softball Complex. Coed action is played each Thursday, beginning at 6 p.m. at the complex.

Bench

From Page 35

tournament was held in various sites throughout Colorado Springs.

The post softball fields were home to 40 teams, with a total of 140 teams playing in the classic. It was one of the venues used by Triple Crown baseball to play the challenge classic.

Brandon Hardy, event director for Triple Crown Baseball, said it was great for his organization to return to play the games at the post complex after a few years away.

"We're glad to be back at Fort Carson. We actually used this as one of our sites in the past and then when the issues with security came up we had to go to other places. Now we have been able to renew our association with Fort Carson," Hardy said.

Hardy said the young players would get more out of playing at the post complex than using the wonderful facilities. He said the young men and their families would also be able to get a better understanding of the military community.

"It's a good experience for the kids to see what our military services provide for us. I think it's great to get them on a military installation so they can see what the military life has to offer. It also may give the kids

a chance to see what the military's job is in defending our country," Hardy said.

According to J.D. McCartney, Xstatic Public Relations/Colorado Trout Unlimited, Colorado has been chosen to host this year's National Fly Fishing Championship.

The competition will begin Tuesday at various sites throughout the state of Colorado.

According to the organization, the competition will feature 65 to 70 contestants from two international teams, two Colorado teams and nine teams composed of regional champions and current Team USA members.

All events are open to the public and are scheduled for the following locations: upper South Platte River; near Decker; lower South Platte River; Waterton Canyon, Clear Lake; near Georgetown; Big Thompson; near Estes Park and Lily Lake; and Rocky Mountain National Park.

The competition begins with registration Tuesday, and two days of precompetition events such as clinics, youth activities and VIP fishing with the champions.

For more information about the National Fly Fishing Championship and Conservation Symposium, visit www.nationalfly-fishingchampionship.com.

Mountaineer Youth Sports



Chasing the ball

Fort Carson youth center soccer players chase the ball Saturday during action at Pershing Field. The youth soccer season will conclude today at Pershing Field when games are played, beginning at 6 p.m.

Photo by Walt Johnson